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## Kruger to Coast Volunteer Adventure

Adventure



Relaxation



Culture



**Trip Name:** Kruger to Coast Volunteer Adventure    **Trip Code:** SAKC    **Duration:** From 4 weeks

### Trip Highlights

- Your Southern Africa adventure in Swaziland, Mozambique, South Africa.
- Have some close encounters with lots of extremely large animals – and some smaller ones – in Kruger National Park – one of the best places in all Africa for big game.
- Make a real difference to the lives of children in Swaziland.
- Laze away the days – and party away the nights – on a beach next to the ocean in Mozambique. Snorkel in the Bazaruto archipelago. Sail a dhow through the mangroves.



### Overview

This is a real Southern Africa adventure! Safari! Swim! Five days and a million memories in one of the continent's wildest wildlife spots – South Africa's Kruger National Park – a week with wild whale sharks, diving and exploring the coral reefs in the warm blue waters of the ocean. Soak up the culture and learn what life's like in a Swazi village.

Soak up the sun with five idyllic days living, swimming, sunning right next to the ocean. Do some volunteer work with children in Ezulwini, Swaziland and make a real difference to their lives.

### Destination Info

Southern Africa – huge, varied and exciting. On this trip you'll be getting to know three of the countries in this region.

This is the start of your adventure in South Africa. Diverse, exhilarating, spectacular, varied – it's a gap year destination electric with possibility. Never far from the news, it's a vast, modern multicultural country, full of

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contradictions and full of interest. It offers so many opportunities for student travel that it's difficult to summarise.

Swaziland is often unfairly overlooked as a gap year destination because it's so tiny by comparison with its giant neighbours South Africa and Mozambique. But it would be a big mistake to think of Swaziland as second best. It's quite different in feel from either of its neighbours although, of course, it does share their geography.

## Itinerary



### Days 1-2

You will fly into O.R Tambo International Airport, Johannesburg before 1:30pm, where you will be met by a member of our in country team and transferred to Swaziland. You will be transferred to a lodge which will be your home for the first couple of days and while you're there you'll have an orientation. The orientation will be a detailed briefing of the itinerary by your expedition leader, giving you the chance to meet your fellow travellers and ask any questions you may have.

### Day 3-7

Your tour starts in one of the most famous conservation areas in Africa – Kruger National Park. Its varied habitats and wildlife is an opportunity for an amazing adventure experience! Offer some of the very best opportunities to see Africa's big game animals.

We'll spend five days in Kruger – camping of course – and get right into the heart of the Park. You'll be with an expert guide and get to really explore the area and learn about this wild place. That means – game drives, a guided walk through the bush to search for big game, a night drive in search of nocturnal wildlife. This is a wild place and these are wild animals, so no guarantees – but you have a good chance of catching sight of lion, rhino, elephant, buffalo, leopard and wild dog.

We then turn southwards and head for Swaziland. It's time to prep for your community development projects.

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## Day 8-20 Community projects, Ezulwini, Swaziland

A couple of weeks working with communities that really need your help. You'll be in care centres that support the children left vulnerable and alone in the wake of the AIDS pandemic. The age range of the children is from 3 to 13 and the average age is 4 years old. There's a variety of work to be done – all badly needed and hugely welcomed: everything from helping with building to running sports days, teaching the children to assisting on medical projects – the list is very long.

Typical volunteer activities will include:

- Organising creative games and craft classes and practical projects to stimulate young minds.
- Organising sports days – exercise and fun.
- Planting a range of crops that can improve their nutrition.
- Just being there for the children and giving them the attention and kindness they need.

A typical day will usually involve volunteering in the morning, normally between 9am and 12pm plus travelling time to your centre. You'll need to budget up to R15 per day for travelling.

You'll return to the backpackers for lunch, then afternoons can include Siswati lessons, trips to local hospitals/people in the community, included trips or free time to relax and explore the local area. You'll also visit the Mantenga Cultural Village to learn something about Swazi culture, lifestyle and traditional dancing.



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## Day 21-27 Marine conservation tour, Tofo Beach, Mozambique

We're heading for a week of relaxation on the idyllic tropical ocean beaches of Mozambique.

The first night we spend in a Mozambican bush lodge en route to Tofo in southern Mozambique. Then on to the stunning Inhambane peninsula, where we'll be staying at a beautiful laid-back beach village. Ever wanted to swim with wild whale sharks? This is your chance. Tofo is a marine paradise with coral reefs, whales and nesting turtles. Nearby is the vibrant historic trading port of Inhambane.

We'll be here for five days, so there's plenty of opportunity to try out beach life Mozambique-style and you'll be living right there in reed huts, dorm-style, among the coconut palms on the very edge of the ocean. There's an ocean safari – get up close and personal to whale sharks in the balmy ocean (what an adventure!) And there's a unique opportunity to go on an ocean kayak expedition, crossing calm blue water and exploring the beautiful islands of the Inhambane Bay. South African paradise.

If you have a dive certificate you can get down and swim amongst the amazing coral reefs with one of the local dive operators. Of course, there's plenty of time for chilling on the beach. There might just possibly be one or two parties as well.

On day 27, you will depart Mozambique and transfer to your backpackers lodge in Swaziland.

## Day 28

You'll spend the final full day of your South Africa adventure back at the backpacker lodge in the Ezulwini Valley where we started out. Time to relax and catch your breath after an amazing month. Then it's time to pack, say some tearful farewells and swap mobile numbers. On day 29 you will be transferred to O.R Tambo for your flight. (Please ensure that your flight is after 2:30pm)



If 4 weeks isn't long enough for you on this amazing trip then why not extend your African adventure and stay for an extra 2 weeks on our 6 week option?

## Day 28-40 Return to the project in Swaziland

After the beaches of Mozambique you'll return to the volunteer project in Swaziland for the final couple of weeks. The children will definitely be pleased to see you again, and by choosing the 6 week option you will have the chance to be much more involved with the day to day care of the children at the centre, allowing you to have much more interaction with them, and even helping out with teaching. Working with the children for this longer period is a much more rewarding experience.

Your typical volunteer activities will include:

- Basic teaching of English and Maths
- Organising the children at meal times and in the mornings before classes
- Stimulating, creative games and craft classes
- Arranging sports days for exercise and fun

## Day 41-43

On day 41 you'll return to the Lodge in Ezulwini and spend a full weekend relaxing. Or you can get in some last-minute hiking and exploring before preparing to leave after the weekend. The programme will end on day 43 when you will be taken back to the bus station for your transfer to Johannesburg.

## Accommodation

While in Kruger National Park you will be camping in dome safari tents (camping equipment will be provided). Accommodation while in Ezulwini, Swaziland will be in a backpacker lodge in a dorm room. While in Tofo, Mozambique, you will stay in beach style reeded dorms. With each type of accommodation, a mattress, sheet, pillow and pillowcase will be provided but you will need to bring your own sleeping bag.

## Programme Services and Facilities

### Internet

Whilst you are in Swaziland you will be able to visit Internet cafes - these are 15 minutes away from your accommodation by public transport and cost about £1.70/2.30€ an hour. You will be able to visit them in the afternoons. However, whilst in Kruger and in Mozambique it will be harder to gain access to the Internet so please be patient.

### Telephone

If you decided to take your mobile phone with you and you have international roaming, then you will have a signal throughout Swaziland, South Africa and Mozambique (except in really remote places!) and in the campsites at Kruger - so you will be able to use your phone in the early morning in the evening during your time in the park.

The international dialling codes for each country are as follows: Swaziland +268; Mozambique +258; South Africa +27

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To place an outgoing, direct dialled international call, dial +44 for the UK followed by the telephone number. For example to call Real Gap dial +44 1892 516164.

## Laundry

In Kruger you will be able to do your washing in hand tubs that are supplied. In Swaziland there are also hand tubs or there is also the option to have your laundry done for you for £3.50/4.73€ at the lodge. In Mozambique there are very basic hand washing facilities at the accommodation. Don't forget your travel wash!

## Electricity

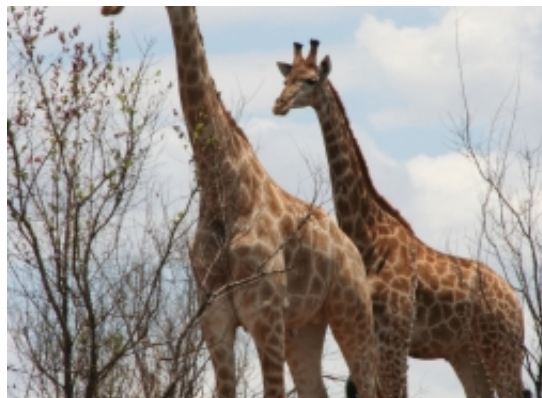
There will be access to electricity throughout the trip for you to charge your electrical equipment and so on. You will need to take an adaptor. All three countries use a 3-pin socket, two small pins above one large pin.

## Meals

All meals will be provided throughout the tour and participants will share the cooking duties on a relaxed rotational basis. Cooking facilities will be communal and quite basic and food will be purchased during a weekly food shop. Generally breakfast will consist of cereals and toast, for lunch you will have sandwiches and salad and for dinner you will have a cooked meal.

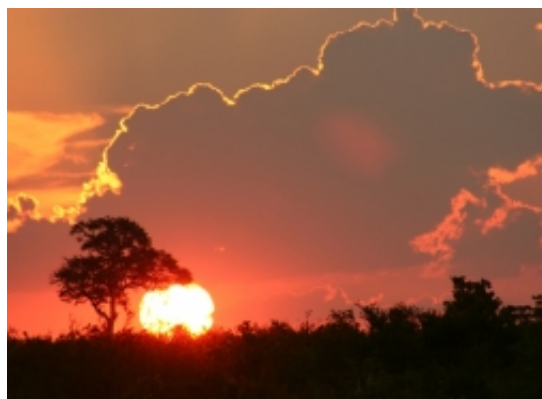
## What's Included

- All accommodation
- Airport Transfers to and from O.R Tambo International Airport
- Three meals a day
- Orientation upon arrival
- Daily game drives in Kruger
- Ocean safari and snorkel with whale sharks
- An island Kayak trip
- A trip to a Swazi Cultural Village
- 24-hour contact



## What's Not Included

- Flights
- Visas
- Travel insurance



## What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and therefore you may not need all of the listed items on your travels.

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Also, please be aware that the weather can change considerably from winter to summer and you should pack according to when you are travelling to ensure that you have the appropriate clothing. Please see our Climate Chart for further details.

## Personal Admin

- Passport, insurance certificates and personal documentation
- Photocopies of all the above to be left at home with your next of kin
- Spending money
- Proof of inoculations (please speak to your doctor about necessary immunisations)
- Secure, waterproof bag for documents and money: sealable plastic bags will do

## General

- Sleeping bag (suitable for the season in which you are travelling: Summer - September-April) / Winter - May-August)
- Binoculars for game viewing
- Personal hygiene kit, toiletries and towel
- Sleeping Bag Liner: Ideal for hot nights or as an extra layer to your sleeping bag
- Sunglasses (high UV protection)
- Sun cream (high factor needed)
- Sun hat / Bandana
- Small torch (head torch is preferable)
- Diary and writing pens
- Camera/batteries/film or memory card
- Water bottle - at least 75cl
- Day pack/rucksack for everyday use (this needs to be big enough to take enough items with you on Safari- you can leave the majority of your things in your main bag at the lodge in Swaziland)
- Mobile phone - set for roaming
- MP3 player
- Sewing kit and pocket knife for general use
- Pegs and travel wash for clothes
- Travel Guide, such as Lonely Planet or Rough Guide

## Clothing\*

- Neutral clothing for bush walk in Kruger
- Sets of outdoor loose fitting cotton clothes with full arm and leg cover for cooler mornings and evenings
- Clothes for Project work, including shorts and trousers
- Boots or sturdy trainers for project work
- Casual clothes for the weekends
- Flip flops / sandals for the beach
- Swimwear
- Underwear - enough for at least seven days, possibly more
- Pyjamas/nightwear
- Lightweight fleece or jumper
- Waterproof jacket
- Warm clothes for winter and early mornings

## Medical Kit

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- Hand sanitiser and wet wipes
- Anti-malarial tablets
- Personal First Aid Kit
- Personal medication e.g. prescription drugs/inhalers
- Painkillers
- Contact lenses and solution if necessary
- Plasters
- Lip Balm with SPF
- Tweezers (not in hand luggage!)
- Scissors (not in hand luggage!)
- Sanitary products for women if necessary
- Mosquito repellent (ensure it contains DEET or equivalent)
- Ear Plugs
- If you suffer from seasickness, think about tablets for the ocean safari.

Clothing\*: While in Swaziland there are certain times when it will be necessary for females to wear a skirt which covers below the knee. These occasions include visiting a Swazi homestead, going to a cultural ceremony or crossing royal land. The rest of the time you can wear the clothing you would normally wear. While working at the care centres you may wear shorts and T-shirts, just ensure that you look respectful.

Please note: Sometimes luggage may be delayed in transit when not taking a direct flight. Therefore please pack any essential toiletries or medication and a spare set of clothes in your carry on luggage. Please pack as lightly and compactly as possible as space and weight is limited. Ideally you should not have more than 22kg of luggage and should be able to fit everything into a 60 litre backpack plus one small day pack.

## Minimum Age

Minimum age of 17 years (with parental/ guardian consent), maximum decided on potential participants health and physical ability.

## Minimum Numbers

This trip requires minimum numbers to operate.

## Flights

Your flight should arrive at Johannesburg International airport before midday on your programme start date. Your return flight or onward travel should be arranged for after 4pm on your programme end date.

Please note that transfers are only included on your specified arrival and departure dates according to information given above. Any transfers required outside of these dates will be at your own cost along with any additional nights of accommodation required.

To book your flights, please contact your sales advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.



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It is important that once you have booked your flights you add these details to your online account or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

## FAQs

- 1. What will happen with visas on this programme?**  
We will let you know exactly what you need to do before you go so that any necessary visas are organised.
- 2. What spending money should I take with me?**  
We recommend that you take around £70 per week with you.
- 3. Are meals included?**  
Yes, you will receive 3 meals a day.
- 4. What are the group sizes like?**  
Your group will have a maximum of 12 people.
- 5. Can I get in touch with other travellers before I go?**  
Yes! We provide a 'buddy list' of others email addresses around 2/3 weeks before you go so you can get in touch with each other.
- 6. Do I need to take a sleeping bag?**  
Yes, you will need to take a sleeping bag with you.
- 7. Do I need to take a mosquito net?**  
Yes, you will need a mosquito net for when you are in Mozambique.
- 8. Is there a safety deposit box/safe?**  
Yes, in all locations there will be one available for you to use.

## Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

## Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

## Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.



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## Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

## Money Matters

### Mozambique

Mozambique's national currency is the metical (plural – meticaais) 'MT'. It's divided into 100 subunits called centavos. Coin denominations come in MT 10, 5, 2 and 1, and centavos 50, 20, 10, 5 and 1. The notes denominations come in MT 1,000, 500, 200, 100, 50 and 20.

The new metical replaced the old metical in July 2006 at a rate of 1000 old meticaais to 1 new metical.

All cities and large towns have access to ATMs, commonly operated by the Banco Internacional de Mozambique (BIM) and all accept Visa but not MasterCard.

The South African rand is a commonly accepted currency in southern Mozambique and there is easy access to change US dollars in most banks without paying a commission.

Traveller's cheques are easily changed at any Standard Bank branch but a minimum commission of US\$30 will be charged. Please note that the original purchase receipt will be needed when changing cheques and it's always advised to have your passport to hand.

You'll find your money goes a pretty long way if you purchase local foods and drinks.

Meal, Inexpensive Restaurant \$2.91  
Domestic Beer (0.5 litre draught) \$2.07  
Coke/Pepsi (0.33 litre bottle) \$0.65  
Water (0.33 litre bottle) \$0.28

(Prices quoted in US Dollars)

## South Africa

The currency in South Africa is the Rand (R), which is divided into 100 cents. Coins come in denominations of 1, 2, 5, 10 and 50 cents, and 1, 2 and 5 Rand. Notes come in denominations of 10, 20, 50, 100 and 200 Rand.

US Dollars, Pound Sterling or Euros are the best currencies to bring to change locally. Major credit cards such as Visa or MasterCard are accepted in most towns, cities and petrol stations and ATMs can be found across the country. ATMs in cities are the most likely to give cash advances to cards on the on the Cirrus network.

Meal, Inexpensive Restaurant \$7.70  
Domestic Beer (0.5 litre draught) \$1.85  
Coke/Pepsi (0.33 litre bottle) \$1.04  
Water (0.33 litre bottle) \$1.13

(Prices quoted in US Dollar)

## Swaziland

The currency in Swaziland is the Lilangeni (SZL), which is subdivided into 100 Cents and referred to as 'Emalangeni' when in plural. Coins come in denominations of 1, 2, and 5 or 1, 2, 5, 10, 20, 50 SLZ and 1 cent. Notes come in denominations of 10, 20, 50, 100 and 200 SZL.

The most widely accepted other currency is the South African Rand, though usually only in note form. Credit and Debit cards such as MasterCard and Visa are accepted by larger businesses across the country and ATMs can be found in the main towns.

Relative meal costs:

Low: US\$5-10  
Middle: US\$5-10  
High: US\$10-15

## Passports and Visas

### Mozambique

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

All travellers except nationals of South Africa, Swaziland, Zambia and Botswana require a visa for entry into Mozambique.

Travellers are able to purchase an entry visa for up to 30 days on all major boarder crossings and international airports. However it's advised to apply for a visa before you departure your country to ensure entry.

### **Visa courier service**

For those of you who would prefer a specialist company to take care of your visa needs, we have teamed up Visa Central who can offer you assistance and advice when arranging your visa/s for your time away; making your

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preparations for your trip easier and more straight forward.

To investigate costs for this service [click here](#) to select the country or countries that you wish to travel to.

If the visa form requires details of addresses/inviters/referees you will find all this information on your Online Account once you have booked.

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For stays of 90 days or less nationals of the European Union, the USA, Australia and New Zealand can obtain a free entry permit on arrival. All other nationalities should consult their nearest South African Embassy or High Commission for details on entry requirements.

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Citizens of the USA, Canada, South Africa, New Zealand and Australia do not require a visa for stays of up to 60 days. Citizens of the UK and most European countries can obtain a Tourist Visa on arrival for stays of up to 60 days. All other nationalities should consult their nearest Swaziland Embassy or High Commission for details on entry requirements.

## **Cultural Considerations**

### **Mozambique**

#### **Religion**

Most of Mozambique's people still maintain their indigenous beliefs, although a large proportion of people are Muslims and Christians/Roman Catholics.

#### **Clothing**

Always try to dress appropriately; some occasions will require conservative dress, so shoulders and legs covered. It is a good idea to bring light weight trousers and light weight long skirts for girls.

#### **Smoking and Alcohol**

Smoking and drinking is tolerated in Mozambique and you will find that you will be able to get imported beer cheaply in most establishments. There are many nice local beers to try too.

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However, please respect other volunteers. Drinking is only permissible in moderation and must not impact on your volunteer work during the week. While we want you to have fun in your free time, antisocial behaviour will not be tolerated on the project.

## **Drugs**

It is absolutely forbidden to bring drugs into Mozambique. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs. If you get caught there is little chance that you will walk away without punishment. As in most countries, Mozambique has very strict rules when it comes to the possession of drugs. All drugs, including 'soft' drugs like marijuana, are illegal. Please do NOT use any illegal substances whilst travelling – it is not worth the risk and is not acceptable at the project.

## **Greeting**

Pleasantries are taken seriously and using 'hello' and 'goodbye' can go a long way to making friends and being accepted. Please take the time to learn a few local words (see our language section) and show that you are keen to fit in. There is also a big emphasis on shaking hands. The Western way of doing this will be fine, but you are likely to pick up a few local variations!

Above all, Mozambique's people are easy-going - any social errors are unlikely to cause offence, so please do not worry!

## **South Africa**

### **Smoking and Drinking**

Smoking and drinking is tolerated in South Africa, although smoking has been banned in public areas such as cinemas, bars and airports. You will find that you will be able to get imported beer cheaply in most establishments and there are many tasty local beers too. South Africa is also famous for wines, so you shouldn't miss out on the opportunity to try some local varieties.

However, please respect other volunteers. Drinking is only permissible in moderation and must not impact on your volunteer work during the week. While we want you to have fun in your free time, antisocial behaviour will not be tolerated on the project.

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On The whole, South Africans are easy-going people - any social errors are unlikely to cause offence, so please do not worry!

## **Swaziland**

### **Vaccinations & Health**

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

### **Safety**

#### **Mozambique**

Tourists are always targets for pickpockets and thieves. Please educate yourself about Africa and Mozambique in particular, before you leave, so that you can be alert for all types of situations. General travel safety rules are outlined below:

- Avoid travelling alone, especially at night
- Find out where the unsafe areas are and avoid them
- When travelling keep all-important documents and valuables in a safe place, like an inner hidden pocket or money belt
- Carry only as much cash as you think you will need for the day
- Don't wear expensive jewellery or watches
- Be wary of people who seem too friendly too fast
- Keep cameras out of sight. Always keep bags and purses in your sight
- Before swimming, ask how safe the area is

In addition, you will be working outdoors, in an unfamiliar community and environment. Please respect the advice given to you by the expedition leaders. Listen to your expedition leaders and respect the local rules and customs at all times!

#### **ATM Theft**

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

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### **Swimming**

If visiting a beach in South Africa it is important that you take note of any information boards that are located on the beach before entering the water. Most beaches also operate a flag system to indicate whether it is safe to swim or not, it is essential that you take note of any advice given and heed any warnings that are in place as there can be the risk of rip tides, strong currents and Shark attack. If you are unsure whether it is safe to swim in the ocean, speak to the lifeguards or your in-country coordinators.

## Swaziland

### **Language Guide**

#### Mozambique

The official language spoken in Mozambique is Portuguese. Significant amounts of people still speak indigenous languages such as Swahili, Makua-Lomwe, Tsonga and Shona.

Here are some useful phrases to remember when you get to Mozambique. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

#### **English - Portuguese**

Hello - *Ola*  
 How are you? - *Como esta*  
 I'm fine - *Bem (well or o.k.)*  
 Thank you (very much) - *Obrigado/a*  
 Please - *Faca favor*  
 Yes / No - *Sim/Nao*  
 Goodbye - *Adeus*

## **English - Swahili**

Hello - *Salama/Jambo*  
 How are you? - *Hujambo*  
 I'm fine - *Sijambo*  
 Thank you (very much) - *Asanta (sana)*  
 Please - *Tafadhali*  
 Yes / No - *Ndiyo / Hapana*  
 Goodbye - *Kwa heri*

## **South Africa**

There are 11 official languages in South Africa; Afrikaans, English, Zulu, Xhosa, IsiNdebele, Northern Sotho, Sesotho, Setswana, SiSwati, Tshivenda, and Xitsonga. There are many other tribal, indigenous languages. However, English is spoken prevalently across the country. In Cape Town, the predominant language is Afrikaans. We suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

## **English - Afrikaans**

Hello - *Hallo*  
 How are you? - *Hoe gaan dit?*  
 I'm fine - *Goed dankie*  
 Thank you (very much) - *Baie dankie*  
 Please - *Asseblief*  
 Yes / No - *Ja / Nee*  
 Goodbye - *Totsiens*

## **English - Isi Xhosa**

Hello - *Molo*  
 How are you? - *Kunjani?*  
 I'm fine - *Ndiphilile*  
 Thank you (very much) - *Enkosi*  
 Please - *nceda*  
 Yes / No - *Ewe / hayi*  
 Goodbye - *Hamba kahle (go well)*

## **Swaziland**

## **Food & Drink**

### **Mozambique**

Food in Mozambique is appetizing. Be prepared to try something new! The staple diet is more traditional food, including cassava (upshwa) and maize (xima). Fish is plentiful in Mozambique and you will find that crayfish and prawns are on most menus and are very good value.



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The traditional staple diet in Africa is meat and carbohydrates. If you are a vegetarian you will be catered for with lots of fresh root vegetables such as yams and potatoes and fruits. However, please be aware that your meals towards the end of your programme may become a little repetitive so perhaps it may be worth buying a few of your favourite snacks whilst you are in Africa.

## **South Africa**

Food in South Africa is delicious. You will be exposed to every different type of meat at every meal, ranging from impala and kudu to ostrich. All can be enjoyed in many different ways, but one of the best ways to taste these meats would be to sample it off a hot braai (barbecue). Be prepared to try something new! If you want to try some more traditional food then go for some Biltong (dried meat) and Boerewors (barbecue sausage).

If you are a vegetarian, do not worry. South Africa is abundant with delicious local vegetables, such as yams and sweet potatoes.

Drinking water from the tap is safe throughout the country, apart from in the more rural areas.

## **Swaziland**

### **Public Holidays**

#### **Mozambique**

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from locals who use long weekends to get away from the big towns.

To view a list of the public holidays for Mozambique, please see the link below:

<http://www.worldtravelguide.net/mozambique/public-holidays>

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To view a list of the public holidays for South Africa, please see the link below:

<http://www.timeanddate.com/holidays/south-africa/>

## **Swaziland**

### **Weather**

#### **Mozambique**

Southern East Africa has a very tropical climate, dominated by the wet and dry seasons. For both seasons, you will need to bring outdoor clothing preferably neutral in colour as well as a hat and sun block; the sun can be very harsh to your skin.

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April-September: Dry Season: Nights and early mornings can be cold, especially during the winter months of May to August.

October-March: Wet Season: Days and nights can get very hot and sticky. You need light clothes although there might be a day the temperature drops so ensure you also bring a sweater. It's a time of heavy rain, especially between mid-November and mid February so bring a raincoat, waterproof shoes and plenty of clothes you can change into just in case you get caught in the rain. It is a beautiful season; everything turns green and you may witness many young animals appearing.

## **South Africa**

Seasons in South Africa are opposite to those in the northern hemisphere. The climate is varied across the country with warm showery summers and cold winters in the Gauteng Province (Highveld), scorching summers and a slightly less chilly outlook for winter in the Durban area (Lowveld) and the Western Cape hit hardest by winter rains. Karoo's desert-like climate means it's hot and ready to explore all year round but if you want to explore the rest of the country Spring (mid-September to November) and autumn (April and May) are ideal almost everywhere.

## **Swaziland**

Swaziland's climate is pleasant for most of the year with dry cool winters and warm summers. Rain is more frequent in the summer and in the rainy season (December to April) can bring the odd thunderstorm. To avoid the worst of the rains and the coldest winter nights the best time to visit is either between May and June or October but we be sure to bring something to keep you warm at night!

## **Time**

### **Mozambique**

Mozambique is two hours ahead of GMT.

In Africa, time is not a priority like it is in much of the western world – there is a saying that Africa works to 'Africa Time', which basically means you must exercise a lot of patience! If a boat is due to leave at 12pm, don't be surprised if it still hasn't a couple of hours later... keep an open mind, and arrive 'Expecting the unexpected'.

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## Electricity

### Mozambique

Electricity in Mozambique uses 220 volts, 50Hz. If your device does not run on these rates, you'll need a voltage converter.

Outlets across Mozambique generally accept the following plug types:



Two round pins

### South Africa

In South Africa the electric system is 230 Volts and frequency 50 Hertz. If you bring a device that does not accept this Voltage you will need to use an adapter.

Outlets in South Africa generally accept 1 type of plug:



Three round pins arranged in a triangle

### Swaziland

In Swaziland the electric system is 230 Volts and frequency 50 Hertz. If you bring a device that does not accept this Voltage you will need to use an adapter.

Outlets in Swaziland generally accept 1 type of plug, see below:



Three round pins arranged in a triangle

## Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as we make improvements that result from travellers' comments, our own research or from time to time as a result of recommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!



# Kruger to Coast Volunteer Adventure

## Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

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